

**CATEGORY****AUTHORIZED GROUP**

Armed forces and their  
Family members

Members of the Reserve Components (Ready Reserve and National Guard; Reservists in Training or hospitalized: Inactive Reserves) Delayed Entry Personnel.

Cadets of Service Academies.

Other Uniformed  
Services and their  
Families

Members of the Coast Guard, Commissioned Corps of the Public Health Service, and Commissioned Corps of the National Oceanic and Atmospheric Administration (NCOAA) on active duty.

Armed Forces and  
Other uniformed service  
Retirees and their families.

Retired from active duty.

Retired from the Reserves with pay and  
Retired without pay.

Others separated from  
The Armed Forces and  
Their family members

Honorably discharged veterans with 100 percent Service-connected disability and involuntarily separated service members Under the Transition Assistance Management Program. Personnel separated Under the Voluntary Separation Incentive (VSI) and Special Separation Benefit (SSB) Programs for two years after separation.

Medal of Honor Recipients

Former and/or  
Surviving spouses and  
Family members.

Unremarried surviving spouses of  
personnel who died while on active duty  
Or retired status.

Unremarried former spouses who were  
Married to military members for at least 20 years  
While the military member was on active duty  
to the Armed Forces.

Former and/or  
Surviving spouses and  
Family members.

Orphans of military members, when not  
adopted by new parents, under 21 years  
Old (or over if they are incapable of  
Supporting themselves, or 23 years old if  
they are in full time study.

Other supporters of DOD

Medical personnel under contract to the  
Military DOD component during periods  
When they are residing on the Installation

U.S. DOD civilians  
And family members

Both APF and NAF civilians and Federal  
Bureau of Investigation (FBI) personnel

assigned to Quantico. Immediate family members of civilians may use facilities when accompanied by their sponsor.

Civilians may participate in the Intramural Program. Civilians may not participate in any sport above the Intramural level. Civilians enrolled in the Semper Fit Program who have paid the advertised fees may attend the lunch hour class on a space available basis.

Civilians may not use programs or activities when there exists authorized patrons of a higher priority available on a waiting list. to use the same program or activities.

DOD Contract personnel  
And technical representatives

Working full time on Marine Corps Base, Quantico. Cor and/or Managers of the agency where DOD contractors or Technical Representatives work must submit in writing to the Chief, Semper Fit request for such usage. This request will identify the agency and list the names of the DOD contractors or Technical representative. The agency will be responsible for updating the list on a monthly basis. The agency must notify Semper Fit immediately upon the termination or other departure of the Contractor. Contractors are authorized to use the Physical Activities Center and participate in the Physical Fitness programs. They will do so in order of priority. DOD Contractors and Technical Representatives are not authorized to participate in the Intramural Sports Program.

Others associated with  
The Department of Defense

Reserve Officers' training Corps cadets  
when participating in field training.

## **GUESTS**

Authorized patrons at least 18 years of age and older may sponsor and sign in a maximum of two bona fide guests and pay a \$5 fee per guest, per day usage fee. The sponsor must accompany, supervise and participate in the same event as the guest at all times. Under no circumstances will the sponsor leave the guest unattended. Solicitation by unauthorized patrons is not allowed. The guest and sponsor must sign and abide by the sponsor sign in sheet (release and hold harmless agreement) at the front customer service desk. All guests must present identification upon entering the facility.

Contractors aboard MCB Quantico are permitted entrance as a bona fide guest of the Command and do not require a sponsor to sign them in, but must pay a \$5 per day usage fee. Upon entering facility, they must present their contractor ID card to the attendant at the front desk and sign in. Contractors may not sponsor guests.

Staff reserves the right to refuse guests from entering the facility in the event that it enters and overcrowded condition.

## **YOUTH USAGE**

Youth ages sixteen (16) and above are authorized independent (Self-directed) use of the Physical Activities Center. Youth ages twelve (12) to fifteen (15) are authorized use only with direct supervision by a parent or legal guardian. Youth under the age of twelve (12) are not authorized in the Physical Activities Center unless a member of the Semper Fit Coop Program or participating in an MCCS Youth sponsored event. Youth may accompany their parents or legal guardians to watch a scheduled game but must remain with their sponsor at all times in the bleachers.

a. Age 11 and under. Children age 11 and under are not allowed in the Physical Fitness Center due to the inherent risks and dangers of unsupervised use of fitness facilities.

b. Ages 12 to 15. Youth, ages 12 to 15, are authorized usage of the equipment in the fitness deck when accompanied and under the direct supervision of a parent or legal guardian 18 years of age or older. The physical fitness staff will monitor this usage.

c. Ages 16 to 17. Youth, ages 16 to 17, are authorized to participate in self-directed cardiovascular/weight training activities and participate in group exercise activities, provided they have received instruction on the proper use of equipment and performance technique by a certified fitness instructor. Youth ages 16-17 are permitted full use of all fitness areas and physical activities center.

d. DIRECT SUPERVISION. Direct supervision is defined as:

1. The sole responsibility of the Parent or Legal guardian to supervise and care for the child.
2. The adult cannot leave the child unattended anywhere in the Physical Activities Center. Parents may not leave their children alone in the bleachers, lobby etc. while they participate in basketball, volleyball or any other activity.
3. The adult cannot participate in any event that does not directly involve the child.
4. During weight training activities, the parent or legal guardian, is required to act as the child's workout partner/"spotter" for children ages 12-15.